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Vegetarian Sources of Iron

Food	Serving Size	Mg of Iron
Tofu	½ cup	6.6
Amaranth	1 cup	5.2
Black strap molasses	1 tbsp	5
Swiss Chard, cooked	1 cup	4
Lentils	½ cup	3.5
Oatmeal	1 cup	3
Quinoa	1 cup	3
Spinach, cooked	½ cup	3
Lima Beans	½ cup	2.9
Potato, with skin	1 medium	2.8
Mustard greens	1 cup	2.7
Kale, cooked	1 cup	2.6
Chick peas	½ cup	2.4
Pinto bean	½ cup	2.2
Asparagus	6 spears	2.1
Apricots, dried	¼ cup	1.8
Pumpkin seeds	2 tbsp	1.8
Snow peas	½ cup	1.7
Black beans	½ cup	1.7
Spinach, raw	1 cup	1.7
broccoli	½ cup	1.7
Almonds	¼ cup	1.6
Pumpkin, canned	½ cup	1.6
Hummous	¼ cup	1.5
Peas	½ cup	1.5
Collards	1 cup	1.5
Beet greens	½ cup	1.4
Figs	¼ cup	1.3
Sunflower seeds	1/8 cup	1.3
Green beans	½ cup	1.2
Millet	2/3 cup	1.2
Leeks	½ cup	1.0
Parsley	¼ cup	0.9
Cocoa powder	1 tbsp	.75
Brown rice	1 cup	0.7